

Equine Heat Index

	Temperature (°C)															
	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
100	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
95	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135
90	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130
85	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125
80	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120
75	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115
70	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110
65	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105
60	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
55	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95
50	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90
45	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85
40	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80
35	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75
30	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70

Low	Your horse's body can cool off naturally. Enjoy your ride!
9	Caution. Most horses can cool off naturally, but cooling efficiency is decreased. Using cool water is encouraged. Obese, metabolic, senior and young horses may not be able to safely cool off naturally and should have cool water used.
09	Extreme Caution. A horse's ability to regulate temperature is greatly reduced and heat stress is more likely. Use plenty of cold water to cool your horse after a hard effort. Keep work light or ride at a cooler time of day. Horses with health issues and obese horses are at higher risk.
124	Danger! Horses cannot regulate their temperature in this range. Worked horses can develop heat stroke which can lead to death. Use ice and lots of cold running water to cool your horse down after exercise. Ideally, take the day off.
+	Extreme danger! Do not ride for both your safety and your horse's safety.



Adapted from:

<https://aaep.org/horsehealth/heat-stroke>

<https://www.equineguelph.ca/news/index.php?content=419#>

Worldwide BioMedEx Inc. Heat-Stress Chart

NOAA's National Weather Service Heat Index